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Meditatio de Pater Noster: A Prayer

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Meditatio de Pater Noster: A Prayer

MARKUS McDOWELL

This prayer is an expanded reflection of the Lord's Prayer from Matthew 6, in the form of a psalm and prayer in the Celtic tradition. It emphasizes creation, the senses, and the numbers three, five, and seven (the Trinity, the Five Wounds of Christ, and the symbol of perfection and fulfillment). The plural pronouns (as in the Matthew text) make it suited for public worship, either read by a single reader or recited by the congregation. It could as easily be employed as a private prayer by changing the pronouns to singular.

Father God, Ruler of the Universe, the One in Three,
Creator, Sustainer, and Redeemer:

May you be adored in all things and by all things
May the mere mention of your Name bring thankfulness and praise
May your ways be the ways of more people each hour, each day, each week, each month,
each season, each year.
May the people of earth be a mirror to the beings of heaven,
May the heavenly multitude be a model for the earthly inhabitants.

Grant us love when we are alone.
Grant us food when we are hungry.
Grant us comfort when we are in pain.
Grant us drink when we are thirsty.
Grant us discipline when we are reckless.
Grant us respite when we are overwhelmed.
Grant us rest when we are exhausted.

Help us to practice forgiveness as we have been forgiven.
Encourage us to dispense mercy as we have received mercy.
Lead us to offer grace as we have been given grace.

Guide our feet to avoid paths that lead away from you,
Train our tongues to speak words of healing.
Bend our ears to hear your words of life.

Lead our minds in the Spirit
Direct our eyes toward the Light
Focus our ears on the Word
Guide our hands to those who need to be touched,
Train our legs to run and not grow weary.

Be our salvation, our redeemer, our savior.
Be the door to freedom, the gate to life, the opening to joy.

Glory to the One in Three as it was in the beginning, is now, and ever more shall be.

MARKUS McDOWELL TEACHES NEW TESTAMENT AND CELTIC CHRISTIANITY AT WESTMONT COLLEGE AND IS
THE MANAGING EDITOR OF LEAVEN.